

Elk Point REVIEW

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Tuesday, January 25, 2011

Vol. 31 No. 4 • \$1 (GST incl.)

Health

Advisory Council meets

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Busing costs

Keep rising

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tourney

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Chamber checks out new home

By VICKI BROOKER
Review Staff

Elk Point chamber of commerce held their first-ever meeting in the Visitor Information EcoCente last week, where economic development coordinator Bob Bezpalko showed off the 'virtual classroom' made possible with the wide-screen television donated by Elk Point Co-op, and its computer hookup.

Bezpalko reported that Lakeland College has now installed a wind meter 34 feet above the base of the wind turbine tower, and will be hooking up a weather station that will collect data and feed it to the Weather Network. The oil industry is among those who are eager to access information on local weather conditions, because work cannot be undertaken under extremely cold temperatures and wind chills, Bezpalko noted.

"I hope it becomes a daily source of information," he added.

Bezpalko plans to expand the Visitor Information EcoCentre's web page to accommodate additional facts about the facility and the technology it showcases. He hopes to have this information accessible to visitors in the facility as well, via monitors on both floors.

Graphica is currently working on "a sign with a WOW! factor" for the TD Bank Group Eco Education Room on the facility's upper floor, and Bezpalko said the education room will also have a sign acknowledging the Lakeland College involvement.

To add to the facility's tourism and educational components, Bezpalko says the goal is to add research and development. "We can diversify the economy. A project the chamber started can go as far as you want to take it."

He noted that the FCSS department has "gone above and beyond" what is expected of them as tenants by shoveling snow, and the town crew stopped by to clear snow from the outdoor skating rink as well as plowing the parking lot.

(Continued on Page 2)



Wanda Cochrane photo

Dancers chase winter blues

The weather outside was frightful, but the atmosphere indoors was delightful as the Elk Point Metelytsia Ukrainian Dance Club chased away the winter blues with their tale of a Baba and Gido who visit the Old Country and discover their roots. Here, the Junior I group evokes summer with their Harvest Dance.

Story and more photos, Page 6

Input wanted on town's trail development

Residents encouraged to participate in Thursday's information night

By VICKI BROOKER
Review Staff

Elk Point and district residents will have an opportunity on Thursday evening to give their input into plans for a multi-phase trail development in and adjacent to the town. The town is hosting an information night at the Seniors' Recreation Centre, where a map of the planned development and a series of photos showing the areas where the trails would be located will be on display.

Planning for trail development has been in the works for more than two years, since a subcommittee of Elk Point's economic development committee came up with a proposal of a network of internal trails, which would link with the

Iron Horse Trail and provide more direct access to the Elk Point Recreation Park for foot traffic.

Elk Point has a large number of recreational walkers, many of whom use the 'loop' from 54 Street to the county roads passing the grain elevator on its south and west sides and returning to town on 50 Ave., but traffic and the lack of lighting are safety issues on this route.

A group of the walkers voiced their opinions at the Nov. 17 chamber of commerce meeting, where town manager Myron Goyan handed out copies of the proposal for trail development that had netted the town a \$500,000 provincial grant for trail development to be done over five years, with this amount to be matched by the town and other sources,

such as donations in kind. The walkers studied the proposal and offered a number of their own suggestions regarding routes, amenities ranging from a fishpond to a dog park, and surface conditions.

The paving of a walking path on the stretch of Iron Horse Trail within town limits is one of the proposed developments, as is a combination of stairs and pathway that would lead southward from the 'loop' to the bridge spanning Atimoswe Creek for access to the Elk Point Recreation Park and its network of walking trails.

The information night starts at 7 p.m. The public is encouraged to attend, learn more about the project and share their ideas.

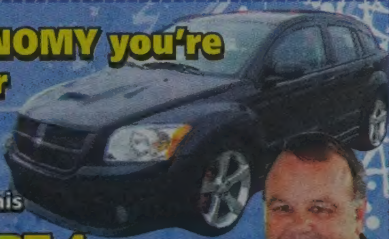


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Young driver, father charged

By Cst. John Spaans

Elk Point RCMP

On Jan. 16 at midnight, Elk Point RCMP were patrolling through Frog Lake when members were passed by a vehicle that failed to dim the high beam headlights. When members turned around to conduct a traffic stop, the suspect vehicle was observed driving into the ditch where it became stuck. When members approached the vehicle it was determined that the youth driver was operating the vehicle without a license. The youth was sober and was driving their intoxicated father home. The intoxicated male was observed sitting in the passenger seat of the vehicle during the traffic stop.

While members were writing the youth violation tickets, the intoxicated parent crawled into the driver's seat and started the engine. The male tried to drive the vehicle but was stopped by members. The male was arrested and brought to the Elk Point Detachment where blood alcohol tests indicated a blood alcohol level that was twice the legal limit. The 44-year-old St. Paul male has been charged with impaired care and control of a motor vehicle.

Attempted theft

At 11 a.m. on Jan. 11, RCMP were contacted by employees at a local business who were concerned about a male lingering around the outside of the store. Employees had been watching as the male walked around and put a balacava over his face. The employees became concerned based on the suspect's actions and called police. When members arrived, the male youth was located and told members that he had planned on stealing items from the store. He decided not to commit the theft because he became scared. The youth was driven home and handed over to his parents.

Resist arrest

On Jan. 13 at 7:30 p.m., Elk Point RCMP were called to a residence in Frog Lake after receiving a report that a male was inside a residence damaging property. Members attended the residence and located the suspect male hiding in a bedroom. When he was informed that he was under arrest,

the suspect male yelled obscenities at the officers and ran away on foot. The suspect male did not make it very far before giving up because of the extremely cold weather. The 30-year-old Frog Lake male now faces charges of resisting arrest and mischief.

Stolen truck

At 3:30 a.m. on Jan. 19, RCMP received a complaint of a stolen pickup truck from a local hotel. The complainant had invited two newly acquired friends to his room earlier in the night. When the complainant was in the shower, the two 'friends' took the keys to the truck and drove away. OnStar was used to track the stolen vehicle south on Highway 41. Members of the Vermilion RCMP detachment assisted in locating the vehicle south of Hwy. 640. The two suspects were located with the vehicle. A 33-year-old male and 21-year-old female, both of Red Deer, have been charged with possession of stolen property.

Lakeland Communities Health Advisory Council update

SUBMITTED BY THE
LAKELAND COMMUNITIES
HEALTH ADVISORY COUNCIL
Review Contributors

The Lakeland Communities Health Advisory Council held their regular meeting at the Athabasca Community Health Services office on Thursday, Jan. 20.

Council members attended in person as well as by teleconference. Three new members were welcomed to the council. Guests from the Village of Boyle Council were in attendance as well.

The 21 Day Provincial Menu - Nutrition and Food

Services took top billing on the meeting's agenda.

Concerns continue to be raised regarding the quality of food, lack of fresh fruits and vegetables, restrictions on purchasing local produce and "in-house" preparation of meals; particularly in long term care.

JoAnne Thomson, one of the Managers for Nutrition and Food Services (NFS) in the North Zone, presented an update of the external review of the 21-Day Provincial Menu and the short term and long term action items to address the recommenda-

tions. These include development of effective methods for regular local input on food selection including product sampling, development of procurement processes to enable local purchases as required, working with suppliers regarding smaller volume requirements, and having onsite staff and supervisors to ensure that site specific concerns and suggestions are incorporated into the menu on an ongoing basis.

Lakeland Communities Health Advisory Council will continue to monitor progress of the 21-Day Menu. Suggestions can be addressed to JoAnne Thomson at joanne.thomson@albertahealthservices.ca or Pat Garland at patricia.garland@albertahealthservices.ca

The full report is available at the Alberta Health Services website. Search External Review of the Provincial Menu Program.

Physician recruitment and retention also continues to be a major concern for rural Alberta. Kelly Lyons from the Rural Physician Action Plan addressed the Council and shared ideas of how to recruit and retain physicians in our area. She shared information regarding two programs.

Five countries, the UK, USA, Ireland, New Zealand

an Australia, have comparable training programs to Canada, therefore prospective physicians need only a two week assessment rather than three months. Physicians from these countries are required to write only one equivalency exam, thus speeding up the process to have them placed in local communities.

There is also an 89-Day Locum Program for UK-trained physicians and a cultural integration project which supports physicians, their families and rural Alberta communities to successfully integrate the physician and family.

Reports of best practices in the local communities were heard. Doug Lamb, council member, from St. Paul, presented information from the "Champions for Change 2020 Sustainability Plan for St. Paul. One of the areas of focus for the plan is promoting healthier lifestyles. Some of the ideas in use for promoting healthier lifestyles are a paved walking track around St. Paul, a rural community garden and gardens for seniors located in the town. St. Paul is applauded for addressing the root cause of many health issues by promoting healthier lifestyles.

Pauline Thompson, council member, provided information regarding the Mobile Diabetes Screening Initiative (MDSI). MDSI targets remote and under-served communities with a risk of diabetes including aboriginal communities. The mobile unit, complete with equipment and staff, visits a community for one full week. People are screened that are at high risk and could have undiagnosed diabetes or people who might have complications from diabetes. MDSI returns to the community again in six months. In one community, 66 individuals were tested, of which 40 were diagnosed with diabetes. MDSI is an excellent service that reaches many people who may otherwise go undiagnosed and suffer longer with the chronic disease.

(Continued on Page 9)

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To enter, visit directenergy.com/vcoy or awna.com



Simple. Friendly. Direct.

Chamber meets

(Continued from Front Page)

Membership drive

President Sandy Smith is preparing a cover letter to send out with the membership forms and information showing the 14 benefits of membership. Vice-president Debra McQuinn, who prepared the forms and information package, has offered to do follow-up footwork.

Partnering potential

The chamber is hoping to host an event in conjunction with the Elk Point Trail Riders annual vintage snowmobile show and shine on Feb. 26.

Trail information night

The town-sponsored Iron Horse Trail information night this Thursday evening at the Seniors' Recreation Centre will give the public an excellent opportunity to both see the plans for potential development of walking trails and to give their input on the project. The town has received a \$500,000 matching grant for trail development, and plans to start the first of several stages this spring.

Annual meeting

The chamber agreed to hold their Feb. 15 annual meeting at the Empress, with the supper meeting to start at 6:30 p.m.

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Even matches at Novice No. 1 tourney

This was one of the most evenly matched tournaments that I can ever remember watching. The Novice No.1 hosted their annual tournament this past weekend, six teams, three games going to shootouts, and some one-goal games that were decided in the last minute, now, how's that for evenly matched teams?

The host team, Novice No.1, played Wainwright No. 1 in their first game Saturday morning, the game ending in a four-all tie after regulation time, the Avalanche going on to win it in a shootout. Hayden Ludlage with a hat trick, Dylan Ference scoring one, Colton Van Maaron assisting.



**doug
BASSETT**

Review Sports

The second game for the Novice No. 1 against Mallaig Saturday afternoon also ended in a four-all tie after 60 minutes, Hayden Ludlage lighting the lamp with two, "Danny-Boy" Cardinal and Colton Van Maaron with a singles, Jace Stafford and Dylan Ference assisting. After three shooters, the game was still tied, both teams would eventually go through the whole bench, the game was still tied up and the coaches, scratching their heads, decided to leave it that way.

In Sunday's game, the Novice No. 1 looked a little sluggish to start, perhaps the guys stayed up a little too late playing shinny on Saturday night. The Avalanche were down 5 to 2 after 20 minutes. Early into the second period, the Avalanche would score two quick, short-handed goals, one by Hayden Ludlage and one by Dylan Ference, the morning crew finally starting to shake out the cobwebs, waking up, gaining some momentum, this one would go back and forth,

eventually tied at nine goals each with the final seconds ticking away it looked like another shootout was forthcoming, but no sir, Dylan Ference dangling in on a breakaway, was the hero of the day, scoring his third goal of the game with only four seconds left on the clock to give the Avalanche a 10 to 9 victory. High roller Hayden Ludlage with a hat trick, Colton Van Maaron with his Super B's pulling a heavy load cruising in with two, Ronan Poulin landed one in the mesh and Jenna Poitras on the doorstep banging home her first goal ever. Two assists for little scraper Liam Ludlage. Some awesome goaltending by Jace Stafford in this one, especially in the final minute when he closed the door, doing some mighty fine back-checking the big solid blue liner Parker Allen was on patrol and never got caught up ice, his partner Fawn Ockerman keeping the pressure on holding the line, Brandon Goertzen and Slader Hardcastle on the forecheck, creating turnovers.

(Continued on Page 8)



Vicki Brooker photos

Elk Point No. 1 came through a nail-biting final game with Dylan Ference scoring the tiebreaker with only four seconds left on the clock for the win.



This cheerful crew is Elk Point Novice Avalanche No. 2, who saw plenty of good action at this weekend's six-team tournament, with two teams from Wainwright and one each from Mallaig and Dewberry taking on Elk Point No. 1 and No. 2.

IRON HORSE TRAIL INFORMATION NIGHT

Thursday, January 27, 2011

7:00 p.m.

Elk Point Senior Citizens Drop-In Centre

Everyone Welcome!

UPCOMING AUCTIONS

- Regular Livestock Sales held every Tuesday starting at 10 am.
- Thursday February 3 12 noon Bred Cow Sale - Please deliver cows before 1 o'clock Wednesday if you want them preg tested.
- Thursday February 17 6 p.m. Regular Horse Sale - 5% buyers fee applies to horses and tack

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EDITORIAL

Speak up!

This Thursday, Jan. 27, the Town of Elk Point will give the public an opportunity to give their input on the proposed development of recreational trails in our community. The open house will showcase the planned routes and outline the various phases of development.

This open house is being held so that residents can bypass all the rumours and learn the facts about when and where development may take place, and so that both those who live in the areas the trails are slated to go through and those who want to use the trails can give their input on the project.

With this open forum available to study the information and give input, it is up to the public to become informed about the development and to have their say about it. It's time to speak up, before the first phase of development gets underway.

WAY BACK WHEN...

Waste collection, well spacing welcoming EDO

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF JAN. 25 IN...

1986

Seventeen members of Elk Point's business community packed the new town council chambers to protest the town's decision to sign a non-residential garbage collection contract with Laidlaw Waste Systems, after the local contractor had asked for a hefty increase in pickup fees. F. G. Miller High School welcomed new secretary Donna Gulayec to their office, following the retirement of Margaret Modin.

1991

Minister of Agriculture Ernie Isley cut the ribbon to officially open Elk Point's first oil recycling depot, located at Terry and LeeAnn Wozniak's Turbo bulk station. St. Paul and Elk Point town councils met to discuss matters of mutual concern, including policing, firefighting, garbage collection and disposal, ambulance and disaster services.

1996

The St. Paul Fountain Tire rink skipped by Rod Randall won the grand challenge over the Steve Penz rink at the Town and Country bonspiel, with Sheldon Ballas defeating Wayne Hanson in the second event and Roger Amyotte's foursome winning over the Leonard Gadowski rink in the third. Minor hockey was alive and well in Elk Point, with micro novice, two novice, peewee and midget teams enjoying the action.

2001

Canadian Natural Resources Ltd. announced plans to reduce spacing of wells on 10 sections in the Lindbergh oil-field from one to eight wells per quarter section, which would increase flexibility in well placement, but noted that they did not plan to drill 32 wells per section. Elk Point chamber of commerce president Eugene Buck welcomed both CNRL representatives and Duff Jamison and Paul Rockley of the Great West Newspapers Group, recent purchasers of the St. Paul Journal and Elk Point Review, to Elk Point's business community.

2006

Elk Point town council took a big step toward the future as they gave the go-ahead to the 18-lot initial phase of a new residential subdivision at the north end of Elk Point. Elk Point chamber of commerce was praised by both Mayor Parrish Tung and REACH Corporation manager Paul Pelletier for their hiring of an economic development officer, Ernie Isley.



GUEST COLUMN

Thought starters

For those of us who keep day timers, our day timers may have a word or two written to remind us what needs to be followed up on a particular day. These words help us to prioritize what is important. The one word that is on my day timer today, is to remember to say thank you to all those people in our community who have so freely given of their time, talents and finances to help someone else. Yes, my one word was 'thank you'.

Larry Miller tells a story about his experience that happened on Labor Day 1966. He was traveling with his family across the high plains of southern Wyoming late at night. They had gone for the weekend to Colorado Springs to watch a regional softball tournament. Now they were returning to Salt Lake City so he could report for work the next morning. He could see the glow of Rock Springs on the horizon of the night sky when suddenly the car began to falter. "My stomach dropped. I was out of gas. It was 3:00 a.m. I thought I would be able to push the car up the slight incline that lay in front of us and then coast down the other side to Rock Springs, but as I began to push the car, the 'slight' incline proved to be longer and more formidable than I had believed. My legs and lungs burning, I quickly realized that I would be unable to push the car any farther. As I didn't want to leave my wife and little one in the car alone on the dark freeway while I went to get gas, I decided to flag down the next car for help. I was greatly relieved when a car soon approached and pulled off the road in front of us, backing up until he was 20 feet from my car. A man climbed out of his El Camino, and we walked toward one another, meeting about halfway between our cars. We chatted briefly. I learned that he was a repairman on the oil-drilling rigs of southern Wyoming. The back of his car was filled with tools - and a pair of 30-gallon gas tanks, complete with a hand pump. He pumped several gallons of gas into the fuel tank of my Ford Falcon and then added a teaspoon of fuel to prime the carburetor. He looked



deanna
EASTHOPE
from the FCSS desk

on while I tried the ignition and the car started immediately. I was overwhelmed with a feeling of relief and gratitude to this stranger for his kindness. I offered to pay for the gas. He said he was happy to help and refused payment. We shook hands as I repeated my thanks. He opened the door of his car and was nearly seated when he seemed to remember something. He got back out of his car and approached me again. He said he had changed his mind; he wanted payment for the gas, but not in the way I would expect. The next time I saw someone stranded on the side of the road, he said, he wanted me to stop and assist them. I readily and eagerly agreed to his request. I would 'pay it forward,' as we say now."

I can appreciate this story because I think there are several people in our community who have done this to others when they see that someone else is experiencing some kind of 'personal tragedy'.

Sometimes, in any community, some people who may be experiencing a 'personal tragedy' may not be noticed by anyone who could help them. This reminds me of another story. It is the famous 'starfish story'. A woman sees a girl dancing along the beach, tossing starfish into the ocean. The woman asks her why she is doing this. The girl explains that she is trying to save the starfish. The woman scoffs. "There are thousands of starfish washed up on the beach. How can you possibly make a difference?" The girl picks up another starfish and tosses it into the ocean, then tells the woman. "It made a difference to that one."

When you think of "the one", let me tell you another Larry Miller story. He was in the second grade and his teacher Miss Issacson posed a math problem for her 30 students to work out on the blackboard. Row by row, each student was asked to work out the answer to '5 + 0 ='. When Larry studied the blackboard, he noticed that he was the only kid in the class who had written "5" as the answer. So he went back to the blackboard and changed his answer to 0. "Why did you change your answer?" Miss Issacson asked. Larry goes on to explain the lesson he learned that day. He learned the value of having confidence in your own abilities and convictions.

So from this thought-starter of saying thank you, let me say thank you to everyone who has made a choice to help someone else because they believed it was important to do so.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

ELK POINT REVIEW

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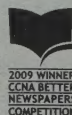


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Canada

Busing costs keep escalating for school division

By SHAUNA BURKE
Review Contributor

Recent increases in diesel fuel, combined with a provincial government cutback, raised concern at the Jan. 12 St. Paul Education Regional Division (SPERD) board meeting about the rising cost of busing students.

"The fuel subsidy program that Alberta Education used to run was cancelled last year," explained chair of the school board, Darrell Younghans. "To the division, it probably meant \$160,000 to \$170,000 per year. Last year, we, of course, received nothing."

He noted that this year the price of diesel fuel is significantly higher than last year, sometimes even surpassing the cost of gasoline. Before last year, such a sudden increase would have triggered the fuel subsidy, providing money to help offset the extra costs. Younghans said the division passed the funds from the subsidy onto bus contractors on a per mileage basis.

"Our contractors run approximately 60 per cent of our mileage and I know that they always appreciated (the money) in the past and it is going to be a little tough on them as well as the whole division," said Younghans.

He explained that the board has contacted MLA Ray Danyluk and Alberta Education to request the reinstatement of the fuel subsidy.

"(Alberta) Education has gotten back to us and said there is no money for the fuel subsidy at this time," Younghans said. "We are not the only board that inquired."

There are 52 bus routes in the division, travelling 1.5 million kilometers per year to bus 1,800 students per day. The division should receive approximately \$3 million in provincial grant money for the 2010/2011 school year.

Satisfaction Survey

The SPERD board is urging people to complete a satisfaction survey, which will be sent out in February to parents, staff and students in Grades 4 through 12.

"This is different from other surveys in that we handcrafted the questions because we really want to get feedback on our goals," said trustee Rhonda Lafrance.

Sustainable and predictable funding

The Alberta School Boards Association (ASBA) zone 2/3 requested input from SPERD as well as the other 27 school boards about what priority items they would like to discuss at the annual breakfast meeting with MLAs.

Trustee Ron Rudkowsky said that one priority is the need for school boards to have sustainable and predictable funding. In a phone interview after the board meeting, he pointed to the 2009 unexpected provincial claw back of about \$600,000 in reserve funds from SPERD and the timing of budget announcements as examples.

Reserves funds clawed back included money dedicated for the central office building and schools' mini budgets, said Rudkowsky, explaining that school boards often save funds to plan for large purchases. It becomes hard to plan for the long-term when faced with surprise claw backs, he said. He noted SPERD also has to respond to people on temporary contracts by the end of May so school boards need to have funding information by mid-April to plan for staffing.

"We end up telling people that we can't guarantee that they have a job next year so they look elsewhere and at times, we have lost some pretty good people that we would have liked to retain," said Rudkowsky.

Blue Quills Truth and Reconciliation Tour

Trustee Heather Starosielski talked about SPERD representatives' tour of Blue Quills and the dinner that followed as part of the Truth and Reconciliation process on the history of Indian residential schools.

"We had a huge contingency come from the SPERD office, including schools, office personnel and trustees. It was very humbling and very informative ... the tour was outstanding. I would highly recommend it for anyone who has the opportunity," said Starosielski.

Supt. Glen Brodziak agreed with Starosielski that the experience was "humbling." He explained that the tour guide told stories about her aunt who attended Blue Quills when it was a residential school.

"She still knew her number," said Brodziak, explaining that as the children arrived at the residential school, they were assigned a number rather than being called by name. "Brother and sister were not even allowed to speak to one another."

SPERD building sold

The former SPERD building has been sold to Tribal Chiefs Ventures Inc. for \$390,000, announced secretary-treasurer Jean Champagne at the board meeting. He added that the funds from the sale cannot be used directly to offset the construction of the new SPERD offices, located at St. Paul Regional High School, because of government regulations.

(Continued on Page 12)

9 Elk Point Golf & Country Club

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Calling all campers

■ 3rd Annual Boat and RV Show & Sale

It's hard to think about spring and camping as we lace up our winter boots to shovel off our driveways and scrape off our windshields, but one local company in the Lakeland thinks there couldn't be a better time.

Riders Connection Motorsports & RV in Cold Lake is gearing up for their 3rd Annual Boat & RV show & sale in Bonnyville that will run January 27-30 in the fieldhouse at the Centennial Centre, and plans on packing it with more RVs and Boats than ever before. "It's our biggest

event of the year and this year will be no different, only with better product, many new and exciting changes for 2011, and some of the best prices we have ever offered" said Cory Welsh from Riders. Riders Connection's optimism hinges on the fact that most of the economic indicators are up and the strong Canadian dollar will translate into lower prices. "With the limited Canadian produced product

available we buy most of our product from the US, in US dollars. This means that the South of the border shopping advantage is limited only to exchange and freight, pricing is exactly on par, which is great news for the Canadian RV & Boat buyer. A strong Canadian dollar means prices are reduced". This year's event will feature 7 lines of RV's from the two strongest RV companies in the business, Forest River and Keystone (Thor). "The amount of RV offerings out there can make a person dizzy so

"The amount of RV offerings out there can make a person dizzy so we've spent a lot of time in Indiana going through many of the available lines."

Cory Welsh
Riders Connection

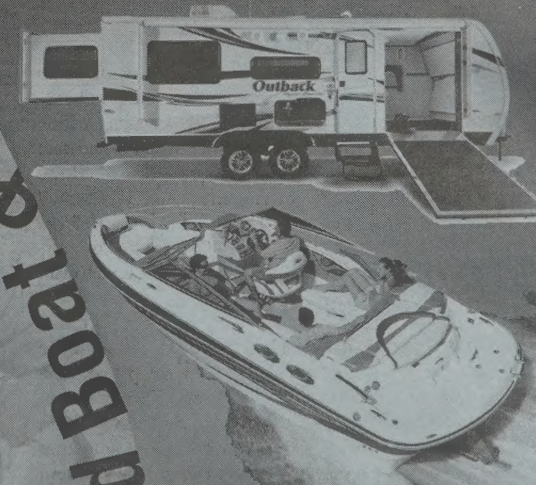
we've spent a lot of time in Indiana going through many of the available lines. We feel we bring the best offerings to the market from two of the best companies around that we know will be in business for decades to come". Boat brands on display will include Glastron, Crestliner, and Premier Pontoon. Some of the highlights of this year's show will include a hardwall pop-up trailer from Rockwood, an ultra-luxurious full time coach from Redwood RV, completely redesigned Premier Pontoon boats, and the awesome limited production

Fuzion Touring Edition III toyhauler, just to name a few. Don't have room in the budget? Think again! Because RV's and Boats hold their value so well, banks offer financing up to 15 or 20 years in many cases depending on price and credit worthiness. For only a few hundred a month you can often be out enjoying the campground or the lake with your family and friends. "The best part about this business is it gets people doing things with their friends and family in ways that they hadn't before. People are really excited to purchase our products and even more excited after they've had a chance to use them!" If this is the year that you were debating a new RV or Boat make sure you attend the 3rd annual Lakeland Boat & RV show & sale, with all the great outdoors-indoors, and a guaranteed forecast of 21 degrees Celsius, you can't go wrong!

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Snow didn't cancel the flight to Kiev at Malanka 2011

By BARRY BRUNNER

Elk Point Ukrainian Dance Club president

Over 300 guests braved the snow and cold on Saturday, Jan. 8 for the Elk Point Ukrainian Dance Club's annual Malanka, celebrating Ukrainian New Year's. The evening featured a delicious banquet, dances by the various groups of dancers in the club, and a performance by the dancers and their instructor called 'Trip to the Home Country, Ukraine'.

This play featured the adventures of a Baba and Guido who travel back to the country of their ancestors, but when they arrive at Kiev airport, their relatives are nowhere to be found. The play follows their misadventures in an old jolopy through the Ukrainian countryside as they search for their friends and family.

On the way they meet a number of groups played by the dancers: the Chicken Dance was performed by the Beginners, the Transcarpathian Tanets by the Senior group, the Hutzulka by Junior II dancers, the Harvest Dance by the Junior I group, and the Kolomeyka by the Intermediates and Seniors. In the end, they were reunited with their family and celebrated their homecoming.

The Malanka evening ended with dancing and music by the Prairie Rose Band.

Malanka 2011 was a huge success, due in large part to the dancers and their families who volunteered many hours of work planning, costuming, setup and cleanup.

(Continued on Page 7)



Malanka

(Continued from Page 6)

Talented MC Denise Bjorkman and the Allied Arts Centre, along with financial support from the Town of Elk Point and Alberta Foundation for the Arts, also assisted with the yearly celebration.

The club instructor is Debbie Kachmar-Potter. Debbie has danced with Cheremosh and Volya and has studied dance in Ukraine. She has instructed dance for over 25 years and currently instructs in Elk Point and Fairview.



Photos by Wanda Cochrane and Leanne Gilbert



Even matches at Novice No. 1 tourney

(Continued from Page 3)

The Novice No. 2 team had some very exciting action of their own, Darian Rybchinsky and "Hammering Hank" Rogal hammering one home each in their first game against Mallaig, Wolke Cueva and Devon Nazarchuk with the helpers, Erin Duffee was solid between the pipes in this close one.

Their second game Saturday afternoon was a real heart-breaker, the Avalanche losing with just 45 seconds on the clock, Devon Nazarchuk with two, Erin Duffee, Sam Henderson, Wolke Cueva and "Hammering Hank" all scoring.

Sunday morning, Wolke Cueva found the twine with two goals, going coast-to-coast, defenseman Conner Lychak cashing in one. James Kozicki coming up with some big time saves. First year players, the Ockerman brothers, Corbin and Evan are showing some great desire and have improved their skills each week.

Hats off to all the parents and coaching staff working the concession, raffle table, clock etc. for many hours making it another successful tournament and filling up our cash register.

Last Friday night the St. Paul Peewee C team played in Elk Point against Pierceland with three of our Elk Point players in the line-up. Austin "Ozzy" Stafford would assist on one of their goals, defenseman Ross "Rosie" McGillivray had some great opportunities to score, ringing one off the post and defense woman Amy Harms showed she can handle the peewee boys just fine.

Over in Cold Lake on Saturday, another one of our Elk Point products playing with the St. Paul Bantam team, big defenseman Dustin Demers scoring with a blistering slap shot from the point.

Up in Lac La Biche on Sunday the Atom Avalanche played their final game of the regular season against that team, winning 6 - 2 in a tremendous game. Three goals for Alex Hunter, a pair for Brody "the Big O" Odgaard and Carson Ference scoring one, Garrett McGillivray was in net and stopped a number of shots to keep Elk Point in the game.

Tonight the Atoms host Kitscoty in the first round of provincials. Kitscoty and Elk Point have a lot of provincial history going way back to the glory days of the Thunder and Lightning, Elk Point winning many of those battles, but not last year when Kitscoty knocked out our bantam team in one game. Come on out tonight, game time is 6 p.m., cheer these guys on and make some noise.

St. Paul Midget B Canadiens had two games on this weekend's schedule, but both were cancelled, the first due to the unavailability of referees and the second cancelled by the Habs due to a shortage of players.

And now for the K.A.Campbell quote of the week: "I don't go banging in corners. The way I see it, corners are for bus stops and stamps. Last week's answer to: 'Heads were bashed, benches smashed, and lady spectators fled in confusion.' -JW Fittsell, describing the first ever indoor hockey game in 1875 in Montreal. Do you have a sports scoop? Now you can email them to sportshound007@hotmail.com



Avalanche celebrates a second period goal.

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Bird tallies in for 2010/2011 count

SUBMITTED BY PAUL E. BOISVERT

What with the very unusual reports this winter of birds falling from the sky in many areas of the world, it was with a great deal of anticipation that local birders carried out this year's 17th annual St. Paul Town and County Christmas Bird Count from Dec. 14 to Jan. 4. Most of the 37 observation reports submitted are from persons who have participated in all 17 of our local counts. Therefore, the observations, a combination of both feeder watches and field observations, have been made for the most part in the same localities, making it interesting to note the changes that happen from year to year.

In reviewing the reports over the period when this count has been held, there are some very noticeable changes. For example, the number of ravens has increased dramatically. Those who have resided in this area for some time will remember that even in the early 1980s, ravens were a rare occurrence in this district; we had to travel to Lac La Biche or Cold Lake to view this species. On the other hand, the number of dark-eyed juncos, redpolls (common and hoary) and

pine siskins have dropped dramatically in the past five years. Many species fluctuate from year to year, depending on the food sources and the weather conditions during their nesting season.

The total individual birds seen were 3,549, an eight per cent drop from the previous five years' average, with 29 species spotted in total, a drop from the 17-year average of 32 species seen.

We invite people who may have an unusual bird sighting over the remainder of the winter to let the *St. Paul Journal* know about it so that the information can be shared with the birders in this area.

Depending on the weather conditions, the large owls and ravens should begin their mating rituals by the end of February. The change in the vocals produced by the ravens are very noticeable once their mating rituals begin.

We also want to advise those interested in birding that a breeding season count is being considered for this same area, beginning in late May through the month of June. Watch this paper in the early spring for more details about this event.

Bird count numbers

This year's report indicates the number of birds counted by species and the percentage increase (+) or decrease (-) over the previous five-year averages.

Species Counted	Number Counted	Percentage Variation
Black Capped Chickadee	190	+7
House Sparrow (English Sparrow)	232	+3
Red Breasted Nut-Hatch	34	-27
White Breasted Nut Hatch	22	-5
Pine Siskin	8	-243
Purple Finch	2	-208
House Finch	18	+200
Magpie	208	+31
Blue Jay	37	+22
Pine Grosbeak	46	-47
Evening Grosbeak	52	+28
Rock Dove (Pigeon)	212	+23
Bohemian Wax-Wing	1,200	-11
Downy Woodpecker	46	+38
Hairy Woodpecker	38	+27
3-Toed Woodpecker	1	0
Pileated Woodpecker	2	0
White-Winged Crossbill	8	-2
Northern Flicker	1	-50
Northern Shrike	2	+50
Gray Jay	6	+45
Snow Bunting	850	18
American Robin	2	0
Raven	306	+97
Ruffed Grouse	9	-62
Gray Partridge	12	-69
Horned Owl	2	-15
Great Gray Owl	1	0
Sawwhet Owl	2	0

Go outdoors for fitness fun

By KIMBERLEY GREENE

Take Off Pounds Sensibly

During this time of year it's a natural instinct for our bodies to tell us to stay indoors and load up on calories to keep warm and cozy all winter long. But this sort of lifestyle may cause one to pack on the pounds and can lead to a range of health-related concerns.

While some prefer to head to the gym to keep up their fitness routine, Amy Goldwater, M.S., educator, former body-building champion, and physical fitness expert for TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, recommends a list of creative outdoor activities to enjoy

with family and friends.

"Fun activities like snowball fights, making snow angels, and building a snowman count as exercise and burn calories," Goldwater notes. "For example, a 150 pound person burns an average of 285 calories per hour building a snowman, 319 calories per hour during that snowball fight, and 214 calories burned per hour making snow angels."

Other winter "fitness" activities to consider include:

- Building a snow fort or igloo;
- Playing chase, tag, or hide and seek;
- Having a scavenger hunt for winter nature items, such as animal tracks, pinecones, or bird nests;

- Shoveling a path in the yard like a maze;
- Setting up an obstacle course in the yard with jumps, tunnels, and other challenges;
- Playing Frisbee/disc golf on a local course or at home.

All of these activities burn significant calories during participation. In fact, an hour of snow shoveling can burn 340 calories.

Traditional outdoor winter activities also are excellent fitness opportunities, according to Goldwater. Ice-skating, hiking in the snow, snowshoeing, and cross-country skiing, offer great cardiovascular workouts. Remember to dress warmly and in layers; stay hydrated; keep hands, feet, and head warm with outerwear; and keep an eye on the weather forecast for snow and wind chill warnings.

(Continued on Page 12)

Health Advisory Committee

(Continued from Page 2)

Diana Anderson, chair, reported on the teleconference held Jan. 18 with Ken Hughes, chair, Alberta Health Services Board, John Lehnars, board member, Alberta Health Services and Chris Eagle, acting CEO, Alberta Health Services and all of the Health Advisory chairs.

Common concerns voiced among the council chairs included physician recruitment, continuing care services, the Nutrition and Food Services 21 day menu, air transfers to the Edmonton Municipal Airport and Emergency Medical Services for Highway 63 to Fort McMurray.

Members from the Health Advisory Council will be participating in a strategic planning session; titled The

Driving Force, A Strategic Health Needs Assessment and Service Design 2030 project, on Feb. 7 in Fort McMurray.

The next meeting for Lakeland Communities Health Advisory Council will be held on Thursday, March 17t in Elk Point. Emergency Medical

Services (EMS) will be in attendance. The public is welcome to attend. Anyone wishing to make a presentation, contact Deanna Anderson, Chair, at 780-724-4072 or Mary Mueller, Community Engagement Officer, at 780-350-3103.

Lakeland Communities Health Advisory Council meets bi-monthly and is committed to engage the members of the council area and to communicate their findings to Alberta Health Services. As a two-way conduit, council members also relay information received from Alberta Health Services. See the Alberta Health Services website for the dates, locations and minutes of meetings in 2011.

The Lakeland Communities Health Advisory Council is located in northeastern Alberta and includes the major communities of Athabasca, Bonnyville, Boyle, Cold Lake Elk Point, Lac La Biche, Radway, Smoky Lake and St. Paul as well as numerous other communities.

WADLEY, Joseph Henry

On January 9, 2011, Joe Wadley of Bonnyville passed away at the age of 78 years, with his family by his side. Joe is survived by his loving wife Betty Pollock; as well his children: son Dan Wadley and his children 'Little Joe' Wadley and Rayne; daughter Jennifer Dallaire, her husband Germain and their children Scott (Erin), Craig (Kaitlyn) and Hillary; daughter Patti Krawchuk and her children Dylan and Kristen; stepson Harvey Pollock, his wife Karen and their son Dillon; stepdaughter Heather Marko, her husband Terry and their son's Chad and Cameron; siblings: Max (Chris) Wadley, Betty (Carl) Stitzenberger, Elsie (Jim) White. Joe will also be sadly missed by numerous nieces, nephews and many close friends. Joe was predeceased by his brother Ron Wadley. At Joe's request, no service will be held. If desired in lieu of flowers, donations can be made to Haying in the 30's at Box 35 Mallaig, AB T0A 2K0.

Cash calendar

Elk Point Minor Hockey's cash calendar January winners are: Neisha Tremblay, Sheena Pankiw, Allen Oszust, Mona Bristow, Joanne Ference, Jerry and Mildred Penner (twice), Jay and Jeanny Duffee, Henry and Mary Lychak, Debbie Warawa, Margaret Bayduza, Clint and Jamie Povaschuk, and Myron Goyan, all winning \$20, and \$100 winner Lynn Berg.

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1500. Help Wanted - Prov.

ADVERTISING TRAFFIC
Coordinator. Location: Edmonton, Alberta. The Advertising Traffic Coordinator will be responsible for handling and "prelighting" incoming print advertising material and distribution to our member newspapers. Some design and PDF file manipulation may be required. This position will ensure the ads are produced correctly and quality controls are used as part of the order fulfillment. Your attention to detail is vital and organizational skills will be key to success. Qualifications: 1 - 3 years of previous experience in the newspaper or advertising business would be considered an asset. Post secondary education in Business Administration or equivalent. Proficient in MS-Office, particularly Excel. Experience with Adobe Acrobat, Indesign Illustrator, and Macintosh computer environment is preferred. Strong attention to detail and the ability to work well both independently as well as in a team environment. Note: This is a 4-day per week position, totaling 30 hours per week. Application Process: Please submit your resume and references by email or fax to: info@awna.com. 780-430-5380. No phone calls please. Position available immediately. Please visit our website for more information at www.awna.com.

CLASSIFIED
A-D-V-E-R-T-I-S-I-N-G
an idea that SELLS.

BUSY - GM DEALERSHIP requires an Automotive Technician. Experience an asset but willing to train. Competitive wages and benefits. Fax resume: Attention: Bruce, 780-842-4760. Email: bmcluskey@denwoodmotors.com.

CANTEST SOLUTIONS has exciting careers in the Petroleum Industry. Will train, prefer candidates with CPC or TSSA Petroleum Mechanic 1 certification. Apply today at http://careers.cantest.net.

GRAVEL CRUSHING OPERATION looking for Groundsperson. Experience not necessary. Must be able to handle manual labour and long hours. Possible advancement if qualified. Fax resume 780-842-5556; fitzcons@telus.net.

GRAVEL CRUSHING Operation looking for mechanically inclined person. Licence not necessary. Full-time. Must be willing to relocate. Valid drivers licence. Fax resume 780-842-5556. Email: fitzcons@telus.net.

1005. Help Wanted

IEC
INDEPENDENT
ELECTRIC & CONTROLS LTD

IEC is an established progressive company that provides a wide variety of services to the oil and gas, mining, commercial and construction industry. Built on integrity and dedication to the delivery of superior services, our commitment is to insure the successful completion of each project and exceed our customer's expectations.

We offer competitive wages, benefit package, matching RSP contributions and an excellent opportunity for advancement.

IEC has recently opened a new branch in Bonnyville, Alberta, and is seeking employees for all positions:

- Journeyman Electrician/Instrumentation & Apprentices
- Electrical/Instrumentation Project Foreman
- NCSO and
- Administrators/Receptionist

Qualified Candidates are invited to forward a resume: khawkins@iecgroup.ca

Only considered candidates will be contacted.

1500. Help Wanted - Prov.

HEAVY EQUIPMENT SERVICE Technicians/Parts Persons. Brandt Tractor has field and shop positions available in many locations throughout Canada including: Calgary, Cranbrook, Edmonton, Fort McMurray (rotating shift schedules), Fort Nelson, Fort St. John, Grande Prairie and Red Deer. Brandt also has positions available for Resident Field Technicians to be located in Drayton Valley, High Prairie & Wainwright as well as Parts Persons positions for Edmonton & Ft. McMurray. Brandt Tractor is the world's largest privately held John Deere Construction & Forestry Equipment dealer and a Platinum member of the Canada's 50 Best Managed Companies Program. Find out more about our other career opportunities including parts and sales positions at www.brandttractor.com or by calling 306-791-5979. Email resume indicating position title and location to: hr@brandttractor.com or fax 306-791-5986.

IMMEDIATE POSITIONS: Picker/crane operators, winch/tractor drivers, swamper/labourers. Resume to Leachman Oilfield Trucking. Fax 780-753-4860. Email: rchopek@leachmanoilfield.com. Pre-employment drug screen in effect.

INTERESTED IN the Community Newspaper business? Alberta's weekly newspapers are looking for people like you. Post your resume online. FREE. Visit: www.awna.com/resumes_add.php.

Be Wise...ADVERTISE

INTERIOR HEAVY EQUIPMENT Operator School. Locations in Alberta & BC. Hands on real world training. Full sized equipment. Job placement assistance. Funding available. 1-866-399-3853; www.iheschool.com.

1005. Help Wanted

DOG
INSPECTION SERVICE LTD.

is currently recruiting a

PIPE INSPECTION TECHNICIAN

Experience preferred, but will train motivated individuals.

Phone Owen 780-210-3480
Email: valoweg@telus.net

1005. Help Wanted

Tubular Scanning Technician
stationed in Bonnyville, Elk Point or Heinsburg regions for RD Scan Inc.

www.rdsan.biz

RD Scan Inc. provides tubular scanning services to major oil companies as well as large and small independent producers.

Key Accountabilities:

Your responsibilities will include all duties associated with the on-site scanning of oilfield tubulars as well as performing minor maintenance on the equipment.

Qualifications:

All candidates must be highly motivated, organized and task-oriented. Must be a team player with good interpersonal skills. Candidates must be physically fit and have a clean driving record and a minimum age of 21 years.

Starting salaries per year guaranteed \$40,000 plus commissions and benefit plan. Nine and three schedule. No night shifts and no prior experience required. On-site training provided.

Applications/Resumes for this position and driver's abstract should be mailed in complete confidentiality to:

RD Scan Inc.
Box 7159, Bonnyville, Alberta T9N 2H5
Or by fax: 1-888-367-7198
Or email: operations@rdsan.biz
Contact Sandy for inquiries: (780) 812-6681

We thank all applicants for their interest; however, we will contact only those applicants selected for interviews.

1500. Help Wanted - Prov.

LOG TRUCKS WANTED. Log trucks wanted immediately to haul into Spray Lake Sawmills, Cochrane, Alberta. Contact Vern Graham 403-852-6407 or Rob Berndt 403-851-3388. Email: woodlands@spraylakesawmills.com.

MIDSTREAM SERVICES

Canada, a division of CCS Corporation, is actively hiring 2 Facility Operators - Lindbergh, Alberta. We're seeking two self-motivated individuals with attention to detail who are able to function in a team environment. To qualify, you must have a strong mechanical background. Possession of a 5th Class Power Engineering Certification, or greater, would be preferred. Please go to our website at www.ccs corporation.ca to apply or fax resume to Fax: 780-724-4961.

MORGAN CONSTRUCTION & Environmental Ltd. is looking for experienced dozer, grader, excavator, scraper operators and labourers for work in the oilfield and heavy civil construction projects. Clean driver's abstract and all safety tickets a must (Standard First Aid, H2S, CSTS/PST and Ground Disturbance II). Competitive wages, full benefits. Resumes can be faxed to 780-960-8930, emailed to: careers@mcol.ca in word format, or apply in person at 702 Acheson Road, Acheson, Alberta. Only those contacted will be interviewed.

1005. Help Wanted

LOOKING FOR
a mature, responsible handyman for odd jobs such as home / yard maintenance and repair plus snow removal.
Ph. 780-724-2889

1500. Help Wanted - Prov.

OVER-D TRUCKING in Falher, Alberta is seeking a picker truck operator. Email resume, drivers abstract and boom ticket to: nathan.overd@telus.net. "Great wages, exceptional work environment."

Be Wise...ADVERTISE

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1500. Help Wanted - Prov.

PARK PAVING LTD. is seeking licensed full-time year round H.D. mechanics for field and shop. Must have valid driver's licence. C.V.I.P. licence an asset. Fax resume 780-638-1640 or email: johnny.corrigan@parkpaving.com

Be Wise...ADVERTISE

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Crop yields up

ALBERTA AGRICULTURE AND RURAL DEVELOPMENT

In 2010, crop growing conditions in Alberta were mainly favourable. The exception was the Peace River Region, where dry conditions persisted through much of the crop season. As well, excessive moisture in spring and early summer caused significant delays in seeding and, in some cases, resulted in crop losses. This occurred mainly in the southern region, and to a lesser extent, the Central, North East and North West Regions.

"Total 2010 production of principal field crops in Alberta, including major/specialty crops and forages, was estimated at 29.5 million tonnes, according to the recently released Statistics Canada report: November Estimates of Production of Principal Field Crops, Canada, 2010," says Chuanliang Su, crop statistician with Alberta Agriculture and Rural Development. "This was 29 per cent higher than last year, and 23 per cent above the 10-year average, as a result of higher yields and an increase in harvested area." In general, estimated provincial average yields were higher than in 2009, and their 10-year averages (2000-2009).

Regarding crop quality, grade estimates were below average, due to a combination of crops maturing late and adverse weather conditions in the fall, including frost, cool temperatures and rain. Total seeded area of principal field crops in the province was relatively unchanged from 2009, while harvested acreage increased by nearly seven per cent. It is also worth noting that, total summer-fallow area was estimated at 1.7 million acres, an increase of three per cent over 2009.

7245. Misc. Services

DEBT CONSOLIDATION PROGRAM. Helping Canadians repay debts, reduce or eliminate interest, regardless of your credit. Steady income? You may qualify for instant help. Considering bankruptcy? Call 1-877-220-3328. Free consultation. Government approved, BBB member.

8e Wise...ADVERTISE

8150. Cleaning Services

MYRNA'S HOUSEKEEPING SERVICES
Phone 780-724-4720 or 780-646-0485

9005. Personals

"CONNECT WITH YOUR Future" Learn from the past, Master the present! Call a True Psychic now! \$19/minute. (18+). 1-877-478-4410. 1-900-783-3800. Answers to all your questions!

DATING SERVICE. Long-term/short-term relationships, FREE CALLS. 1-877-297-9883. Exchange voice messages, voice mailboxes. 1-888-534-6884. Live adult casual conversations - 1on1, 1-866-311-9640, meet on chat-lines. Local single ladies. 1-877-804-5381. (18+)

7999. Too Late To Classify

9005. Personals

DENIED CANADA Pension Plan Disability Benefits? The Disability Claims Advocacy Clinic can help. Call Allison Schmidt at 1-877-793-3222; www.dcac.ca.

THE SABBATH (SUNDAY) is to be regarded as a holy day and honorable, Matthew Henry (Bible Commentator) says the following, "We then put honor upon the day, when we give honor to Him that instituted it, and to Whose honor it is dedicated." The Sabbath is to be sanctified by a holy resting all the day, even from such worldly employments and recreations as are lawful on other days. CLDA, Box 1369, Picture Butte, AB, T0K 1V0.

7999. Too Late To Classify

Empress Family Restaurant / Lounge
Main Street, Elk Point

requires
WAITERS / WAITRESSES
Full or Part-Time
Apply within or fax resume to
780-724-2737

7999. Too Late To Classify

St. Paul Education
REGIONAL DIVISION NO. 1

INSTRUCTIONAL ASSISTANT required for RACETTE SCHOOL

1.0 FTE Instructional Assistant required for the remainder of the 2010-2011 academic year commencing as soon as possible. The successful candidate will be working with students requiring emotional and behavioral support. Instructional assistant training or experience would be considered an asset. The successful individual will be highly energetic, enthusiastic and student-centered. It is also important that the successful candidate be flexible and a team player. Racette School is a grade 6-9 dual-track school of approximately 265 students.

For more information, contact Ms. Susan Kotowich-Dubrule, Principal at 780-645-3571.

Please fax your resume by January 28, 2011 to 780-645-2496.

In accordance with Board Policy, the successful applicant will be required to provide a current Criminal Record Check and Alberta Children's Intervention Check.

We thank you for your interest, however, only applicants selected for interviews will be contacted.

1500. Help Wanted - Prov.

PEMBINA RIVER Natural Gas Co-op Ltd. Assistant Manager position. Pembina River Natural Gas Co-op Ltd. is looking for an individual to assist in the day-to-day operations of a rural gas utility. The successful candidate will be responsible for the construction and maintenance of our distribution system and will report to the General Manager. Experience in the construction and maintenance of a Gas Co-op is mandatory. For further information call Pembina River Natural Gas Co-op Ltd. Phone 780-954-3933.

TERROCO DRILLING now hiring for all rig positions. Must hold valid H2S and have rig experience. Email resume to wusenik@terroco.com or call 403-343-6236.

1005. Help Wanted

1500. Help Wanted - Prov.

PETROLEUM DRIVERS opportunity Scamp Transport Ltd. hiring drivers for new branch in Edmonton. Excellent wages, full benefits 4 on 4 off schedule rotation. Contact Dave Wessel 780-554-4004 or email: troy@scamptransport.com.

POWER ENGINEERING, GPRC Fairview College Campus. Now accepting applications for fall study. On-campus boiler labs. Fourth Class Level and Part A of Third Class. Affordable residences. 1-888-999-7882; www.gprc.ab.ca/fairview.

PROVINCE-WIDE Classifieds. Reach over 1 million readers weekly. Only \$259. + GST (based on 25 words or less). Call this newspaper NOW for details.

8e Wise...ADVERTISE

1005. Help Wanted

CONTRACT EMPLOYMENT OPPORTUNITY

"CLUB HOUSE MANAGER"

For Elk Point Golf & Country Club

Overview. Oversee operations of the Club House. Manager will be responsible for the day to day operations of the Club House and be reporting directly to the executive of the Elk Point Golf and Country Club. Must have Food Handlers and Pro Serve Certificate. Duties and wages will be discussed upon approval of applications.

Mail resume with salary expectations to:

Elk Point Golf Club

Box 1174, Elk Point, AB., T0A 1A0

Deadline for reply is February 15, 2011.

SHAMROCK VALLEY ENT. LTD.

Has an immediate opening in Elk Point for a

SHOP SERVICE MANAGER

Requirements:

- Manage a team of 10+ mechanics
- Coordination of Shamrock work with external customer work.
- Strong communication and organizational skills a MUST.
- Prefer 5+ years in a shop management role.
- Prefer experience in heavy duty and automotive work environments.
- Must be self-motivated and work under minimal supervision.

Please submit resume complete with salary expectations to Murry Nielsen via fax: 780-724-2280 or email: mnielsen@shamrockvalley.ca

Visit our website at www.shamrockvalley.ca for more company information and other job postings.

1500. Help Wanted - Prov.

RUSKIN CONSTRUCTION LTD. Pile driving and bridge construction; www.ruskinconstruction.com currently looking for: Professional Engineers; Engineers in Training; Project Managers; Site Administrators; Journeyman/Apprentice Welders; Crane & Equipment Operators; Bridgemen; Pile Drivers; Heavy Duty Equipment Mechanics. Permanent and seasonal work. Competitive/Union wages. Fax resume 250-563-2800, Email: bridges@ruskinconstruction.com.

WANTED: Technology Development Specialist, waste management research. Edmonton. BSc in biological science, environmental engineering, chemistry or related; previous laboratory experience; www.ewmce.com. Closing: January 31, 2011.

WELL SERVICING COMPANY requires experienced push, driller & derrick. Busy full-time work northern Alberta. Fax resume 780-806-1030. Email: repeat99@telus.net.

WHITECOURT PRECISION Autobody Ltd. is seeking an enthusiastic Collision Technician. Experience in the trade is necessary. Competitive wages and benefits. Fax/email resume 780-778-2882; precisionauto@xplornet.com.

WRAPEX IS CURRENTLY seeking self-framer metal building crew foreman and erectors helpers for the Lloydminster area. Must have a valid driver's licence. Fax resume 780-875-5500.

1600. Volunteers Wanted

HOST FAMILIES NEEDED. Northern Youth Abroad is looking for families to host 2 youth from Nunavut/NWT, volunteering in your community July/August; www.nya.ca. Call 1-866-212-2307.

1700. Employment Wanted

CAREGIVERS/NANNIES with 7 months training and/or one year experience are looking for live-in employment with elderly, disabled or families needing child care. 780-709-0005; www.worldwidecaregivers.ca.

3010. Auctions

UNRESERVED REAL ESTATE AUCTION! 6533+/- acres grazing lease, 160+/- title acres. \$16000 SLR. North of Elk Point, Alberta. March 10/2011. Ritchie Bros. Auctioneers, 1-800-491-4494; rbauction.com.

3210. Misc. For Sale

Home Phone Reconnect. Call 1-866-287-1348. Prepaid long distance specialists! Feature package specials! Referral program! Don't be without a home phone. Call to connect! 1-866-287-1348.

1005. Help Wanted

3210. Misc. For Sale

\$38.95 HOME phone service - Reconnect your home phone! No one refused - \$38.95 monthly - \$18.95 one time activation - \$18.95 unlimited long distance. Call Choice Tel now! 1-888-333-1405; www.choiceitel.ca.

A FREE TELEPHONE Service. Get your first month free. Bad credit, don't sweat it. No deposits. No credit checks. Call Freedom Phone Lines today toll free 1-866-884-7464.

BUILDING SALE...Rock Bottom Prices! 25x30 \$6200. 30x40 \$9850. 32x60 \$15,600. 32x80 \$19,600. 35x60 \$17,500. 40x70 \$18,890. 40x100 \$26,800. 46x140 \$46,800. Others. Doors optional. Pioneer Manufacturers Direct: 1-800-668-5422.

LAPTOPS AND DESKTOPS from \$399. or \$25/month. Huge selection of quality brand names. Easy, in-store financing and flexible payment options. Call 1-877-992-9992.

METAL SIDING/ROOFING. Best prices! 36" Hi-TenToughrib 29ga. Galvalume \$.59 sq. ft. Colours \$.65 sq. ft. IN STOCK. 25/30 year warranty. ALTA-WIDE Builders Supplies 1-888-263-8254.

SEA-CAN CONTAINERS LTD. New and used, cargo worthy 8', 9', 10', 20', 40', 48', 53', office units, wind and water tight, delivery available. Phone 780-440-4037. Fax 780-440-4037. info@seacan.com; www.seacan.com.

STEEL BUILDINGS priced to clear - Holding 2010 steel prices on many models/sizes. Ask about free delivery! Call for quick sale quote and free brochure. 1-800-668-5111 ext. 170.

WILF CARTER and many more old-time country music favourites. CDs, DVDs. Free 56 page catalogue. Music Barn, Box 3160-g, Markham, ON, L3R 6G5; www.countrymusicstreasures.com/news.html. Toll free 1-800-984-0047.

3315. Building Supplies

#1A STEEL Building Sale! Save up to 60% on your new garage, shop, warehouse. 6 colours available! 40 year warranty! Free shipping, the first 20 callers! 1-800-457-2206; www.crownsteelbuildings.ca.

4040. Livestock

SUNGOLD SPECIALTY MEATS. New company Innisfail, Alberta. Looking for lambs, finished Holsteins, grain and grass bison. Year round supply. Contact Randy Smith 1-800-363-6602. 4312 - 51 St., Innisfail, AB, T4G 1A3.

WANTED - HORSES. Buy all types of horses. Pick up in your yard. Ph: 780-645-0939 or 780-657-2057

4310. Grain/Feed/Hay

FREE ANIMAL FEED! Red Deer, Calgary, Lethbridge and Medicine Hat Area call Jeff Jarvie 403-988-2340. Edmonton Area call Dave Young 780-447-6579.

HEATED CANOLA buying Green, Heated or Springthashed Canola. Buying: oats, barley, wheat & peas for feed. Buying damaged or offgrade grain. "On Farm Pickup" Westcan Feed & Grain, 1-877-250-5252.

ROUND HAY and straw bales for sale. Cheap! We deliver, self unloading. No Sunday calls please. 1-403-843-6380.

1005. Help Wanted

5003. Real Estate Misc.

CRAVEN, SASKATCHEWAN Area. Winter Special. Regular price was \$129,000. Drastically reduced by \$30,000. On sale this winter for \$99,000. 10 acre lot with fabulous views of the Qu'Appelle Valley & Last Mountain Lake. A nature lovers paradise located NW of Craven, a short 20 minute drive from Regina on paved highway. Surrounded by 5 square miles of Bird Sanctuary and 552 acres of Nature Preserve. A short drive to boat launch and Saskatchewan Beach. Power of property. Phone and gas close. For complete details, and to see the views, go to www.BIGVALLEYACRES.com, click on the overhead map and look for Parcel #11 or call David at 1-888-425-3874.

HOMEOWNER? Payments too high? Credit less than perfect? Call 1-866-488-8337. Apply on line www.homesalnsalberta.com. Alberta Home Loans Inc.

NEW HOMES/Cottages overstock clearance! Manufacturer must sell: Modular/Manufactured Homes + panelized lock-up building packages + prefab basement foundation systems. We build you build; www.greenrpanel.com. 1-800-871-7089.

5800. Manuf. Homes - Sale

40TH ANNIVERSARY! Come celebrate the great savings on single and double section Modular Homes. Also great used homes for as little as \$2000; www.unitedhomescanada.com. 1-800-461-7632.

\$5000 CASH REBATE. Purchase a new home. In stock or factory order and get up to \$5000 cash back. Airdrie 1-877-275-5555.

PLEASANT HOMES LTD. We Won't Be Beat. Call 1-866-962-0238; www.pleasanthomes.ca.

6100. Cars

\$0 DOWN & we make your 1st payment at Auto Credit Fast. Need a vehicle? Good or bad credit call Stephanie 1-877-792-0599; www.autocreditfast.ca. DLN 30309.

BANKRUPT? BAD CREDIT? Call us! All makes and models. Professional credit rebuilders. Delivery Available. Call Garth 403-888-5593 or 1-866-476-1938. Cavalcade Auto Acceptance Corp., serving Alberta for 20 years.

6650. Tires/Parts/Access.

SCRAP BATTERIES WANTED. Buying scrap batteries from cars, trucks & heavy equipment. \$3. each. Free pick-up greater Calgary & Edmonton area. Minimum 10. Toll free 1-877-334-2288.

7245. Misc. Services

\$500. LOAN SERVICE, by phone, no credit refused, quick and easy, payable over 6 or 12 installments. Toll free 1-877-776-1660; www.moneyprovider.com.

CRIMINAL RECORD? Guaranteed record removal since 1989. Confidential, fast, affordable. Our A+ BBB rating assures employment/travel & freedom. Call for your free information booklet. 1-8-NOW-PARDON (1-866-972-7366). www.PardonServicesCanada.co m.

CRIMINAL RECORD? Think: Canadian pardon. U.S. travel waiver. (24 hour record check). Divorce? Simple. Fast. Inexpensive. Debt recovery? Alberta collection to \$25,000. Calgary 403-228-1300/1-800-347-2540

1005. Help Wanted

Employment Opportunity

Smyl RV Centre

Requires a Full-Time

- RV PARTS MANAGER
- JOURNEYMAN RV TECHNICIAN
- APPRENTICE RV TECHNICIAN
- WASHBAY ATTENDANT

EXPERIENCE REQUIRED

Apply in person at:

5115-44 Street, St. Paul

or fax resume to: 780-645-3502

or email to: rvparts@smylmotors.com



OILFIELD SERVICES LP
Box 510, Elk Point, AB., T0A 1A0

We have great career advancement opportunities.

Immediate Positions Available:

- CTU Operators
- Flushby Operators
- Pressure Truck Operators
- Tri-Vac Operators
- Body Vac Operators
- Combo - Vac Operators
- Fluid Truck Operators
- Fluid Sub Contractors

* Overtime after nine hours

* Full benefit package.

* Flexible Shifts

• Provincially Regulated (including provincial hours of service)

5 YEAR DRIVER ABSTRACT REQUIRED BEFORE HIRE

Fax Resumes and Driver Abstract to: (780) 724-2166 or email: Steves@e-can-oilfield.com

Visit our website: www.e-can-oilfield.com

Busing costs

(Continued from Page 5)

"The rules state that the funds must be used for a future capital project," explained Champagne by phone after the board meeting. "That doesn't make much sense because you can't sell the old building before you have a new place to move into but they are not going to change the regulations."

He clarified that the funds will not be lost; they will go into the capital reserve and be used to purchase new capital equipment like buses.

Dave Scott, executive director for Tribal Chiefs Ventures Inc., said that staff are pleased to own their own building finally.

"We have been renting in St. Paul for over 20 years now and for the last 10 years, we have been scrimping and saving to set aside money for a down payment," said Scott. "It is mortgaged to the hilt and we will be paying for it over the next 25 years but we think it is worth it."

FSLW funding

The SPERD board was pleased to receive a commitment of \$10,000 from the Town of St. Paul for the Family School Liaison Worker program, which is the main counseling program in the division.

Outdoor fitness fun

(Continued from Page 9)

Eat a light snack an hour or two before working out, to add energy and prevent distracting hunger pangs. Ideal snack options should be low-fat and include fruit smoothies; a few handfuls of nuts; hard-boiled eggs; and fast-digesting, high-glycemic fresh fruit like watermelon, grapes, pineapple, and bananas.

"Sunblock is important in the winter, too," Goldwater says. "Using an SPF of 15 or higher will help protect your skin from sunburn that can occur when exercising in snow or high altitudes. Also, don't forget to wear a lip balm that contains sunscreen."

TOPS Club Inc. (Take Off Pounds Sensibly), the original, nonprofit weight-loss support and wellness education organization, was established more than 63 years ago to champion weight-loss support and success.

Visitors are welcome to attend their first TOPS meeting free of charge. To find a local chapter, view [<http://www.tops.org>] www.tops.org or call (800) 932-8677.

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\$43
MILLION
In Profits
Shared
In 2010

Profit sharing. Members get it.

At Servus, we share our profits with members through the Profit Share program. In fact, we shared \$43 million in profits in 2010. And the more business you have with us, the greater your share.

For more information about the Profit Share program, let's talk.

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